



# **US Army Pregnancy/Postpartum Physical Training Program (PPPT)**

## **Business Case Analysis**

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# Purpose

- **Review program background development**
- **Review program key points and components**
- **Review requirements for PPPT implementation**
- **Present budget actions to facilitate PPPT implementation**
- **Provide recommendations for Army-wide program implementation**



# Facts

- **Army has a responsibility to provide safe, adequate training and guidance for Soldiers to meet fitness standards it requires**
- **Priority is to maintain fitness during pregnancy and to return fit Soldiers back to unit PT after delivery**
- **Exercise during pregnancy and postpartum is beneficial to the Soldier and her baby**
- **Retention was enhanced by participation in PPPT**



# Challenge

## Maintain Fitness and Retention

- **1.3% AD Force delivers a child annually**
- **No standardized Army PT program for pregnant/postpartum Soldiers, therefore:**
  - **Reduction in fitness levels**
  - **Increase in injuries/ illnesses**
  - **Retention concern**
- **Current Army policies inadequate**
- **Army Family Action Plan issue with G-1 as the lead**



# AFAP Issue # 532

## Standardized Army-wide Pregnancy Program for Soldiers

### **Scope:**

- Limited installations offer educational and physical fitness training programs for pregnant and postpartum Soldiers
- Unavailability or lack of participation has a negative impact on readiness and well being of the Soldier
- Unsatisfactory APFT scores and meeting weight standards

### **Conference Recommendations:**

Develop and implement a standardized, mandatory, Army-wide physical training program that encompasses both the period of pregnancy and postpartum period with command emphasis on:



# Solution

## WHAT?

- **Establishment of Army-wide PPPT program IAW MEDCOM recommended standards and policies**

## HOW?

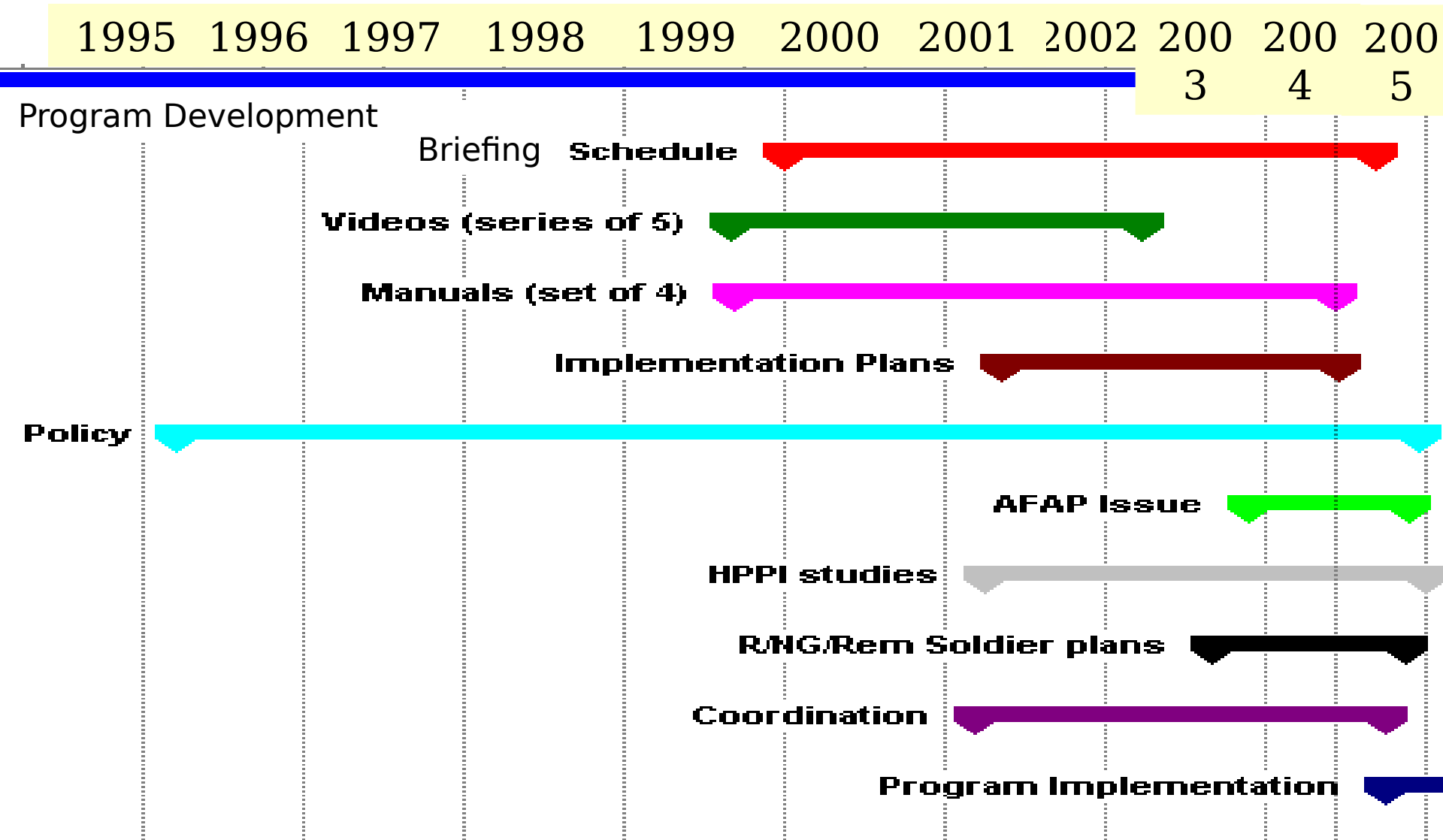
- **G1 and G3 mandate approved PPPT Program as a component of US Army Physical Fitness Program with coordination from MEDCOM and ACSIM/ IMA.**

## WHY?

- **Consistent with AR 350-1, Education and Training and AR 40-501, Standards of Medical Fitness**
- **Shown to be effective and safe**
- **Provides benefits of readiness/medical cost avoidance**



# Development/Implementati on





# Science-Based Program

**Affect Readiness by Maximizing the Return to Fitness**

## **BENEFITS of CONSISTENT PARTICIPATION**

**Improve maternal fitness performance**

**Increased postpartum fitness levels**

**Reduce body fat and weight gain**

**Increase morale by providing safe PT**

**Lessen physical discomforts during pregnancy, labor, and delivery**

**Reduce cesarean rate**

**Increase self-esteem and reduced stress**

**Improve health benefits and well-being**

Recommends implementation of pregnancy/PP fitness programs at all installations





# **PPPT Program Resources**

- **Manuals**
- **Video Tapes**
- **Implementation Guide**
- **Educational Presentations**
- **USACHPPM Website**
  - **Resources**
  - **Data reports**
  - **Sample briefings**
- **Leaders Training Course**



# Program Evaluation

- **Readiness Impact**
  - Pre-pregnant vs. Post-delivery APFT measures indicate **FITNESS LEVELS MAINTAINED**
  - No statistically significant difference in pre-pregnant and post-delivery APFT total scores
- **Retention Impact**
  - **14% PPPT participants influenced by program NOT to Chapter 8**
- **Economic Benefit**
  - **Estimated cost avoidance of \$18,421,020 per year**
  - **Readiness and medical costs avoided**



# Pregnancy/ Postpartum Exercises

- Centering
- Strengthening
- Flexibility
- Special exercises
- Cardiovascular
- Relaxation/ Stress Management
- Core strength/ calisthenics





# Local PPPT Implementation

## Commander's Consolidated Installation Program

**PREGNANCY**

**Y** 9 + Months

**POSTPARTUM**

**M** 6 Months

**Diagnosis Delivery Convalescence Profile Recovery Postpartum PAPFT**

**40 Wks**

**6 Wks**

**4 Wks**

**Up to 14 Wks**

**Physical Training in Unit Pregnancy PT Program**

**Physical Training in At-Home Postpartum PT Program**

**Physical Training in Unit Postpartum PT Program**

**Regular unit PT activities begin at conclusion of 6-month recovery period as outlined in AR**



# Endstate

**PPPT as an Army program with**

- **Specified proponent designated by G3**
- **Dedicated resources**
- **Requirements to meet:**
  - **Standardization**
  - **Professional program management**
  - **Certified training expertise**
  - **Metric to measure program effectiveness**
- **Support from MEDCOM and ACSIM/ IMA to mission commanders for specified**

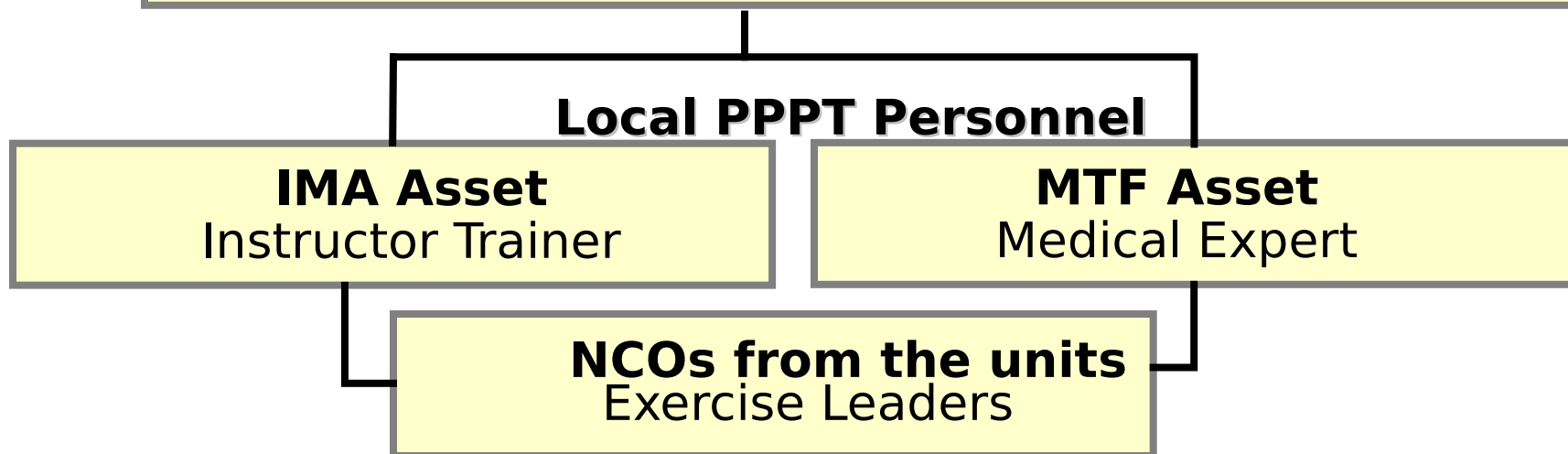


# Requirements

## Commander's Consolidated Installation Program

### PERSONNEL

#### US Army Physical Fitness Training Program Proponent



### FUNDING (annual) using existing personnel and equipment for local

|  |    |
|--|----|
| Cost per enlisted pregnancy per recurring year | \$ |
| 16   |    |

|   |    |
|---|----|
| Cost Army-wide (32 local programs- 2K/Installation) | \$ |
| 64,900  |    |

|  |  |
|--|--|
| Cost for a proponent staff person to oversee program |  |
| \$125,000  |  |



# Cost / Benefit

## TOTAL COST TO THE ARMY (local programs + proponent staff)

### Cost - Year One of Implementation

| Description                                    | Total            |
|--|------------------|
| Labor (DAC health/ fitness FTE)                | \$125,000        |
| Travel   | \$ 51,600        |
| Supplies/Equipment                             | \$168,000        |
| <b>Total Cost - Year One of Implementation</b> | <b>\$344,600</b> |

### Cost - Year Two and Beyond

| Description                             | Total            |
|---|------------------|
| Labor                                   | \$125,000        |
| Travel                                  | \$ 51,600        |
| Supplies/Equipment                      | \$ 13,300        |
| <b>Total Cost - Year Two and Beyond</b> | <b>\$189,900</b> |

## Economic Analysis (FY 07-13)

|  |                      |
|--|----------------------|
| <b>Costs</b>   | <b>\$1,484,000</b>   |
| <b>Benefits</b>  | <b>\$109,098,491</b> |
| <b>ROI: Benefit to Cost Ratio</b>                                | <b>73.52</b>         |
| <b>Break-Even Point Occurs at</b>                                | <b>Year 1</b>        |
| Cost Per Enlisted Pregnancy<br>Per Year One/ Year Two and beyond | \$85/ \$47           |

## TOTAL COST TO THE ARMY (local programs ONLY)

### Cost - Year One of Implementation

| Description                              | Total             |
|--|-------------------|
| Labor                                    | \$ -              |
| Travel                                   | \$ 51,600         |
| Supplies/Equipment                       | \$ 168,000        |
| <b>Cost - Year One of Implementation</b> | <b>\$ 219,600</b> |

### Cost - Year Two and Beyond

| Description                             | Total            |
|---|------------------|
| Labor <sup>1</sup>                      | \$ -             |
| Travel                                  | \$ 51,600        |
| Supplies/Equipment                      | \$ 13,300        |
| <b>Total Cost - Year Two and Beyond</b> | <b>\$ 64,900</b> |

## Economic Analysis (FY 07-13)

|  |                      |
|--|----------------------|
| <b>Costs</b>   | <b>\$609,000</b>     |
| <b>Benefits</b>  | <b>\$109,098,491</b> |
| <b>ROI: Benefit to Cost Ratio</b>                                | <b>179.14</b>        |
| <b>Break-Even Point Occurs at</b>                                | <b>Year 1</b>        |
| Cost Per Enlisted Pregnancy<br>Per Year One/ Year Two and beyond | \$54/ \$16           |



# Benefits

**Benefits = Costs Avoided**

**\$18,973,651**

## ***Readiness Related Benefits***

- Average Recruitment and Training Dollars Lost \$ 11,959,939
- Productivity Cost Lost (based on work hours lost) \$ 5,597,960

**\$17,557,899**

## ***Qualitative Benefits***

### ***Medically Related Benefits***

- Reduced physical complaints during pregnancy. \$ 607,402
- Fewer complications associated with delivery \$ 808,339
- Recovered more rapidly from birth process
- Improved morale and sense of well-being

**\$1,415,752**





# Coordination

|   |                   |
|---|-------------------|
| Endorsements for video scripts, manuals, implementation guide           |                   |
| <b>OTSG Obstetrics/Gynecology medical consultant</b>                    | Concur            |
| <b>OTSG Women's Health medical consultant</b>                           | Concur            |
| <b>OTSG Women's and Maternal Health nursing consultant</b>              | Concur            |
| <b>OTSG Obstetrics/Gynecology Nursing consultant</b>                    | Concur            |
| TRADOC Surgeon  | Verbal support    |
| FORSCOM Surgeon and FORSCOM G-1   | Verbal support    |
| G-1, Human Resources  | Concur            |
| Approval for content, safety, and local implementation guide strategies |                   |
| <b>Commandant, US Army Physical Fitness School</b>                      | Concur w/comments |
| USACHPPM staff coordination   |                   |
| <b>Registered dietitian</b>   | Concur            |
| <b>Physical therapist</b>   | Concur w/comments |
| <b>Pediatric physician</b>  | Concur w/comments |
| <b>Health risk communication</b>  | Concur w/comments |
| <b>Legal office</b>   | Concur            |
| <b>Health information office</b>  | Concur            |
| USACHPPM staff approval   | Concur            |



# **Proposed Implementation Milestones**

- **TSG endorse program (completed June 05)**
- **ARs and policies updated (Submitted Aug 05)**
- **G1 endorse program**
- **G3 accept proponency**
- **ACSIM support provided**
- **MOUs and support agreements written**
- **PPPT specified program proponent personnel appointed, hired, resourced**
- **SME train PPPT specified program proponent personnel**
- **Implement PPPT Program Army-wide**
- **Local personnel trained**



# Recommendations

**Establishment of Army PPPT as component of Army's Physical Fitness Training Program IAW the developed standards.**

**TSG has endorsed PPPT program by:**

Approving staffing to G-1, G-3, and ACSIM for implementation.  
Update to AR 40-501 is in progress.

**Recommend the following -**

**G-1 facilitate Army-wide PPPT implementation by:**

Request G-3 and ACSIM endorsement of PPPT program

Distribute policies to implement PPPT programs Army-wide

Update AR 600-9 and AR 600-63

**G-3 accept proponentcy by:**

Approving proposed program and designating specified proponent

Authorizing resourcing of the Army PPPT Program

Updating AR 350-1 (as necessary)

**IMA support proposed PPPT program by:**

Provision of adequate and appropriate facilities/ equipment/ personnel to meet requirements for implementation as component of US Army Physical Fitness Training Program